

Report on ISKSAA Delhi Travelling Fellowship 2026

Introduction

I attended a structured fellowship program in **Arthroscopy and Arthroplasty** across multiple tertiary care hospitals and centers of excellence in Delhi. The fellowship aimed to enhance clinical knowledge, surgical skills, and exposure to advanced orthopedic procedures including minimally invasive arthroscopy and joint replacement surgeries.

Delhi serves as a major hub for orthopedic training, with institutions offering high-volume surgical exposure and academic learning opportunities. The fellowship duration was for 2 weeks. All the visitations were very well planned and informed one day prior to us so that the entire fellowship went hassle-free.

Institutions and Centers Visited

During the fellowship, exposure was obtained at multiple centers, including:

- ❖ Maulana Azad Medical College (MAMC) – Dr. Lalit Maini sir, Dr. Sumit Arora Sir.
- ❖ Center for Sports Injury – Dr. Puspinder Bajaj Sir.
- ❖ MAX Saket – Dr. Ramneek Mahajan Sir.
- ❖ Apollo Indraprastha – Dr. Yatinder Kharbanda Sir.
- ❖ Max BLK – Dr. Ishwar Bohra Sir.
- ❖ ISIC – Dr. Vivek Mahajan Sir.
- ❖ Max Shalimar Bagh – Dr. Simon Thomas Sir.
- ❖ Sports Injury Center – Dr. Deepak Joshi Sir.
- ❖ Artemis Hospital – Dr. IPS Oberoi Sir.

These centers are recognized for high surgical volumes and exposure to complex orthopedic cases.

Operative Experience

Exposure included assisting and observing:

- **Arthroscopy procedures**
 - ACL/PCL reconstruction
 - Juvenile ACL reconstruction
 - Meniscus repair
 - Rotator cuff repair
 - Bankart repair
 - Bony Bankart
 - Revision ACL with CQT +LET
 - Muroid ACL treated with JEWEL ACL
 - Synovectomy
 - Regeneten Patch use for chronic Rotator cuff tears
 - Ankle Arthroscopy and Steida Process removal
 - Open Latarjet Procedure

- **Arthroplasty procedures**
 - Total knee replacement (TKR) Using Robotic (MACO, VELYS, ROZA, CUVIS), Stryker Navigation and Conventional methods.
 - Total hip replacement (THR) by Posterior approach and Modified Hardinge approach.
 - Revision TKR using LCCK implant.
 - Reverse Shoulder Replacement.
 - Other Cases – HTO, Medial Closing wedge distal femur osteotomy for genu valgum deformity.
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Outcome and Benefits

- Enhanced surgical confidence and technical skills
 - Exposure to high patient volume and varied case mix
 - Understanding of advanced orthopedic technologies
 - Networking with leading orthopedic surgeons
 - Improved academic and research orientation
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Conclusion

The fellowship in arthroscopy and arthroplasty across various hospitals in Delhi provided comprehensive exposure to modern orthopedic practices. The combination of clinical training, surgical experience, and academic engagement significantly contributed to professional development and preparedness for independent orthopedic practice.

Also, I am very much thankful to Prof. Dr. Lalit Maini sir, who did immense efforts to find the centre with the variety of surgical cases on a daily basis for the best possible learning. I am also deeply thankful to all the consultants who generously dedicated their time and expertise, making this learning journey truly remarkable. I extend my heartfelt gratitude to Dr. Pushpinder Bajaj sir and Prof. Dr. Lalit Maini sir and ISKSAA for their exceptional leadership in organizing this outstanding fellowship and giving me this opportunity.

Regards,

Dr. Baibhav Kumar Agarwal